

# Zika Virus

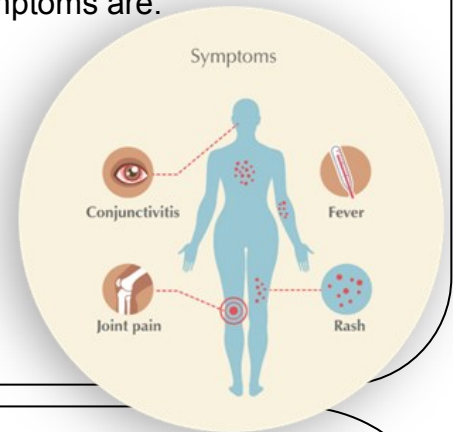
## What you need to know about the Zika virus:

- Zika is a disease spread mostly by the bite of an infected *Aedes* species mosquito. These mosquitoes bite during the day and at night.
- Zika infection in pregnancy is linked to *microcephaly*.
- *Microcephaly*: birth defect in which a baby's head is smaller than expected.
- Zika can be spread by an infected man to his sex partners and from a pregnant woman to her baby.

Most people with Zika won't know they have it. The illness is usually mild with symptoms lasting several days to a week.

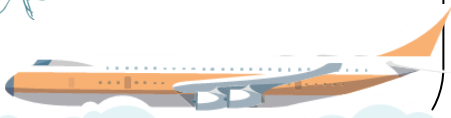
The most common symptoms are:

- Fever
- Rash
- Joint Pain
- Red Eyes



## Travel precautions

- Anyone who lives in or travels to an area with Zika and has not already been infected with Zika can get the Zika virus.
- Check [www.cdc.gov/zika](http://www.cdc.gov/zika) to see where Zika is currently.
- Protect yourself from mosquito bites if you travel and for 3 weeks after you return.
- For all men who have traveled, use condoms start to finish every time you have sex (vaginal, oral, or anal) for at least 8 weeks, or 6 months if you showed symptoms.



## How to protect yourself

### Use Insect Repellents

- Wear mosquito repellent when you are outdoors.
- Use safe and effective repellents- [www.epa.gov/insect-repellents](http://www.epa.gov/insect-repellents). Look for these ingredients: DEET, picaridin, IR3535, OLE, or PMD.
- Always follow the label instructions.
- Do not spray on skin under clothing.
- If you use sunscreen, put sunscreen on first and insect repellent second.



### Cover up with clothing

- Wear light weight, long-sleeved shirts and pants.
- Mosquitoes may bite through thin clothing so treat clothing with permethrin. Permethrin is an insecticide that kills mosquitoes and other insects.
- Follow product instructions closely.
- Do not use permethrin directly on skin.

Updated 5/16



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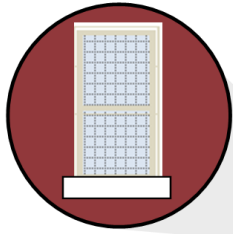
# Help Keep Zika Out of Baltimore



## Keep mosquitoes outside

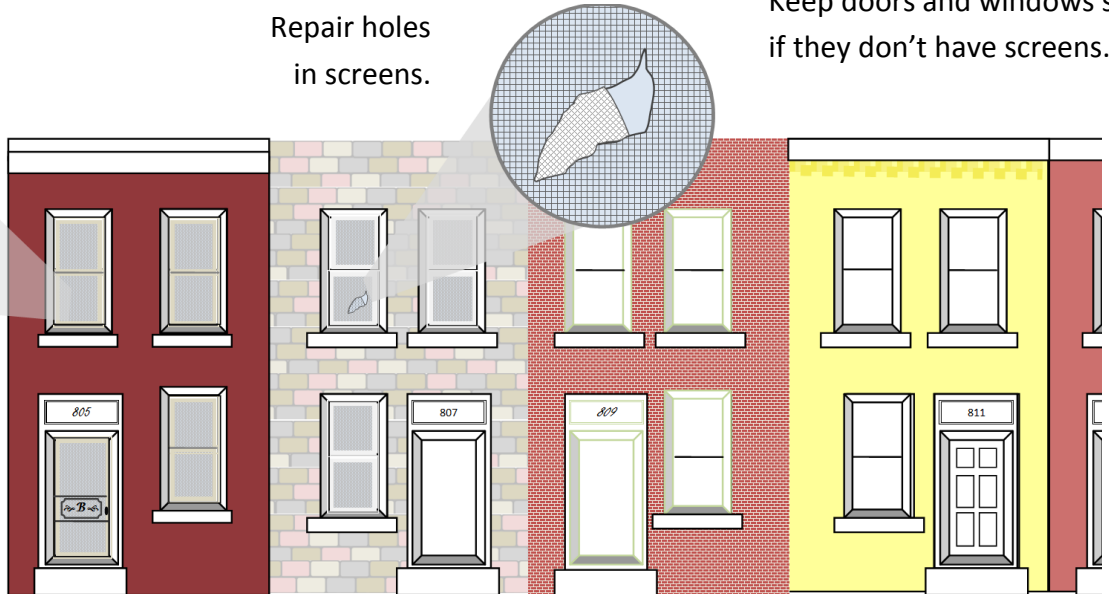
Repair holes  
in screens.

Keep doors and windows shut  
if they don't have screens.



Keep screens on  
all windows.

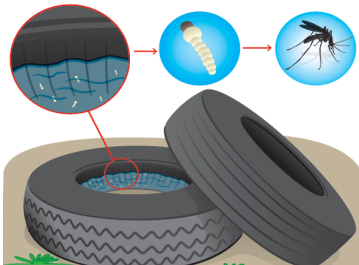
Use air conditioning  
when possible.



## Stop mosquitoes from breeding

Mosquitoes lay eggs in and near standing water found in:

- Buckets
- Roof gutters
- Old tires
- Coolers
- Toys
- Trash
- Birdbaths and outdoor ponds
- Trash containers, and recycling bins



Make sure these objects do not become  
breeding sites for mosquitoes.

- Remove them or put them inside
- Cover them
- Empty once a week
- Treat with larvicide tablets —  
available in hardware stores

**Check**  
[health.baltimorecity.gov/zika-virus](http://health.baltimorecity.gov/zika-virus)  
**and**  
[www.cdc.gov/zika](http://www.cdc.gov/zika)  
**for updates**

If you see standing water in your neighborhood,  
eliminate if possible or call 311 to report it.

Mosquitoes only need the  
amount of water in a bottle  
cap to breed.



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